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We claim:

1. A dietary fiber composition produced by a process comprising extruding a milk containing product through an extruder at about 50-about 400 rpm and at a temperature of about 50° to about 120°C to produce said dietary fiber composition.
2. The dietary fiber composition according to claim 1, wherein said rpm is about 50-about 300 rpm.
3. The dietary fiber composition according to claim 1, wherein said rpm is about 50-about 200 rpm.
4. The dietary fiber composition according to claim 1, wherein said rpm is about 50-about 100 rpm.
5. The dietary fiber composition according to claim 1, wherein said temperature is about 90° to about 120°C.
6. The dietary fiber composition according to claim 1, wherein said temperature is about 95° to about 120°C.
7. The dietary fiber composition according to claim 1, wherein said temperature is about 100° to about 110°C..
8. The dietary fiber composition according to claim 1, wherein said process involves a pressure of about 500 to about 1500 psi.

9. The dietary fiber composition according to claim 1, wherein said process involves a pressure of about 800 to about 1200 psi.

10. The dietary fiber composition according to claim 1, wherein said process involves a torque of about 30 to about 70%.

11. The dietary fiber composition according to claim 1, wherein said process involves a torque of about 45 to about 55%.

12. The dietary fiber composition according to claim 1, wherein said milk containing product is selected from the group consisting of milk, milk concentrate, whey, whey concentrate, whey protein isolate, and mixtures thereof.

13. The dietary fiber composition according to claim 1, wherein said milk containing product is selected from the group consisting of whey concentrate, whey protein isolate, and mixtures thereof.

14. A fiber enriched food product comprising at least one food ingredient and the dietary fiber composition according to claim 1.

15. A method of making a fiber enriched food product, comprising adding the dietary fiber composition according to claim 1 to one or more food ingredients or adding one or more food ingredients to the dietary fiber composition according to claim 1.

16. A method of increasing fiber in the diet of a mammal, comprising feeding to said mammal the fiber enriched food product according to claim 14.